

BETTER BUYING BETTER BUYING

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7 days...28 meals...for less than 75¢ per meal

By DONA DAVIS

MONDAY

HASH-STUFFED PEPPERS with cabbage. Allow 1 pepper per serving. Cut tops from 4 or 5 large green peppers and remove seeds. Cook 4 or 5 minutes in boiling water; drain. In skillet, saute 2 cans (16 ounces each) corned beef hash, stirring often. Fill peppers. Melt 2 tablespoons butter in skillet and cook 1 chopped onion until golden; add 2 cans (8 ounces each) tomato sauce, 1/2 cup water, 2 teaspoons brown sugar and salt and pepper to taste. Add stuffed peppers and wedges of cabbage. Cover and cook slowly until cabbage is tender. Top each pepper with some of sauce, or with ketchup.

4 large peppers	.50	green onions	.07
2 cans Libby's corn	.10	2 hard boiled eggs	.10
beef hash	.47	Milani dressing	.06
2 tablespoons butter	.10		
1 chopped onion	.05	Total	.38
2 cans Libby's tomato sauce	.15	DESSERT	
2 teaspoons brown sugar	.04	1 pint ice cream	.39
1 head cabbage	.20	1 can Libby's peaches	.20
Total	1.71	Total	.59
SALAD		Coffee or Milk	.20
lettuce	.08	TOTAL FOR MEAL	2.88
tomatoes	.07		

TUESDAY

BRAISED PORK CHOPS with potatoes, corn and tomatoes. Allow 1 large pork chop per serving. Grease skillet lightly and brown chops slowly; pour off fat. Season with salt and pepper. Sprinkle lightly with marjoram or thyme, if desired. Add partially peeled whole small new potatoes. Cover and simmer about 15 minutes. Add a little water if necessary. Turn chops once. Add pieces of fresh corn on the cob and simmer 20 minutes longer, or until pork chops and vegetables are tender. Add a few wedges of tomato and heat gently. When ready to serve, sprinkle the top with a little chopped parsley.

4 pork chops	1.65	radishes	.07
4 small Libby's potatoes	.20	Milani dressing	.06
4 ears of corn	.20		
1 tomato	.07	Total	.35
Total	2.12	DESSERT	
SALAD		Cheese Cake	.59
lettuce	.08	Coffee or Milk	.20
green onions	.07	TOTAL FOR MEAL	3.26
tomato	.07		

WEDNESDAY

Bologna-Topped Noodles Criolla For 4 servings, cut 10 to 12 slices of medium bologna in half. Have bologna sliced fairly thick. Brown lightly in skillet in 2 tablespoons butter, set aside. Put 3 tablespoons oil in skillet, add 1/4 cup minced onion and cook until soft. Add 1/2 chopped green pepper, 1/2 cup chopped mushrooms and a few chopped green olives; cook a few minutes. Stir in 1 can (18 ounces) tomato sauce and 1 cup water. Season. Cook 1/2 pound broad noodles; drain and add to sauce. Toss to blend and heat. Top with bologna, sprinkle with grated cheese and heat gently.

12 slices bologna	.54	tomato	.07
2 tablespoons butter	.10	green onions	.07
2 tablespoons oil	.05	Milani Dressing	.06
1/4 cup onion	.05		
1/2 chopped green pepper	.02	Total	.28
1/2 cup mushrooms	.23	DESSERT	
1 can tomato sauce	.20	Cream pie	.29
1/2 lb. noodles	.20	Coffee or milk	.20
grated cheese	.12	TOTAL FOR MEAL	2.15
Total	1.38		

THURSDAY

SWEET-AND-SOUR MEATBALLS For 4 servings, mix 1/4 cup fine dry bread crumbs, 1 teaspoon each instant minced onion and salt, dash pepper, 1/2 cup water. Add 1 pound ground beef and 1 egg. Shape in 16 balls. Brown slowly in a little oil. Remove. Cook 1 cup sliced celery and 1 each red and green pepper, cut in wedges, 5 minutes. Mix 1 1/2 cups water, 1/2 cup each vinegar and brown sugar and 2 tablespoons soy sauce. Add 2 tablespoons cornstarch mixed with a little water. Cook 3 minutes. Add meatballs, celery peppers, 4 halved pineapple slices, few pieces pickled cauliflower. Heat.

1/4 cup bread crumbs	.05	4 halved Libby's pineapple slices	.20
1 teaspoon onion	.03		
1 teaspoon salt	.01	Total	1.05
1 teaspoon pepper	.01	SALAD	
1 lb. ground beef	.39	lettuce	.08
1 egg	.05	cottage cheese	.29
1 cup celery	.03	4 halved Libby's pineapple slices	.20
1 green pepper	.08	grated cheese	.05
1 red pepper	.08	Total	.62
1/2 cup vinegar	.03	Coffee or Milk	.20
1/2 cup brown sugar	.03	TOTAL FOR MEAL	1.87
2 tablespoons soy sauce	.03		
2 tablespoons cornstarch	.03		

FRIDAY

CRAB-FILLED FISH ROLLS for 4 servings, melt 1/4 cup butter and mix with 2 cups small bread cubes, 2 tablespoons each chopped parsley and green onion, 2 chopped pimientos and 1 package (6 ounces) frozen crab meat, thawed. Season lightly with salt and pepper. Put filling on 4 to 6 fillets of sole. Roll up from large end and secure with toothpicks. Put in skillet and pour over a little melted butter. Cover and simmer 10 to 15 minutes; then bake fish with drippings in pan. Arrange cooked whole green beans and carrots with fish and sprinkle fish with paprika. Garnish with twists of thinly sliced lemon.

1/4 cup butter	.15	SALAD	
2 cups bread cubes	.10	lettuce	.08
2 tablespoons parsley	.04	green onion	.07
2 tablespoons green onion	.03	2 hard boiled eggs	.10
1 package crab meat	.75	Milani Dressing	.06
4 fillets of sole	.55		
1 can Libby's green beans	.15	Total	.38
1 can Libby's carrots	.15	Country Fair Fruit Pie	.35
1 lemon	.04	Coffee or Milk	.20
Total	1.96	TOTAL OF MEAL	2.98

1/4 cup butter	.15	SALAD	
2 cups bread cubes	.10	lettuce	.08
2 tablespoons parsley	.04	green onion	.07
2 tablespoons green onion	.03	2 hard boiled eggs	.10
1 package crab meat	.75	Milani Dressing	.06
4 fillets of sole	.55		
1 can Libby's green beans	.15	Total	.38
1 can Libby's carrots	.15	Country Fair Fruit Pie	.35
1 lemon	.04	Coffee or Milk	.20
Total	1.96	TOTAL OF MEAL	2.98

SATURDAY

BRAISED BREAST OF LAMB with vegetables. For 4 servings, have about 2 pounds lamb breast cut in serving-size pieces. Brown slowly in skillet. Pour off all fat and sprinkle meat with salt, pepper and rosemary; add 1 sliced onion. Cover and simmer 1 1/2 hours, or until tender. Remove more fat if necessary. Add a little water to pan drippings. Then add 1 package each frozen whole green beans, wax beans and limas. Sprinkle with salt. Cover and simmer about 20 minutes, or until meat and vegetables are tender. During the last few minutes of cooking, add whole red cherry tomatoes and heat gently.

2 lbs. lamb	1.00	tomatoes	.07
1 sliced onion	.08	Milani Dressing	.06
1 can Libby's beans	.29	Total	.28
1 can Libby's wax beans	.29	DESSERT	
1 can Libby's limas	.20	2 Cantaloupe	.20
10 cherry tomatoes	.20	1 pt. ice cream	.29
Total	2.06	Total	.49
SALAD		Coffee or Milk	.20
lettuce	.08	TOTAL FOR MEAL	3.03
green onions	.07		

SUNDAY

ASPARAGUS - HAM ROLLS with macaroni and cheese. For 4 servings, use 8 slices boiled ham and 16 to 24 spears of cooked asparagus. Roll each slice of ham around 2 or 3 spears of and set aside. Pour 1 quart milk into skillet, add 1 tablespoon instant minced onion, 2 teaspoons seasoned salt, 1 teaspoon dry mustard, 1/4 teaspoon pepper; bring to boil. Gradually add 2 cups broken macaroni; keep mixture boiling. Cook uncovered, stirring often, 20 minutes. Stir in 2 cups grated cheddar cheese. Top with ham rolls; heat a few minutes.

8 sliced ham	.50	green onions	.07
24 spears Libby's asparagus	.29	Milani dressing	.06
2 tablespoons butter	.10	Total	.28
1 quart milk	.23	DESSERT	
1 tablespoon onion	.05	1 pint sherbet	.26
2 teaspoons salt	.03	1 can Libby's fruit cocktail	.25
1 teaspoon mustard	.03	Total	.51
2 cups macaroni	.20	Coffee or Milk	.20
2 cups cheddar cheese	.29	TOTAL FOR MEAL	2.74
Total	1.75		

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flavor-saver cans!



Libby's BEEF STEW

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Libby's GREEN BEANS

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Libby's CORN

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Libby's SWEET PEAS

BETTER BUYING will pay \$5.00 for any complete dinner menu they publish which is sent in by their readers. Menu should include the following: soup or salad, entree with two vegetables (in cases such as stew the vegetables are part of the entree), dessert and beverage. The total cost of the complete meal, which should feed at least 4, should not be more than \$5.00. Entries are the property of Better Buying and only those which are published will be paid for.

MAIL YOUR ENTRIES TO
BETTER BUYING
5481 Santa Monica Blvd.
Hollywood, California, 90029

The above menu was sent in by the following:

Monday
Mrs. Jane Franz, Ballflower
Tuesday
Mrs. R. J. Hoppe, South Gate
Wednesday
Mrs. Ellene Voice, Santa Monica
Thursday
Miss Lou Mae Albert, St. Louis
Friday
Mrs. F. Brackowski, Torrance
Saturday
Mrs. E. Rosenberg, Alhambra
Sunday
Miss Sara Fine, Redonda Beach

\$5.00 For You

FLAVOR'S HERE
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flavor-saver cans!



Libby's FRUIT COCKTAIL

FLAVOR BRIGHT
Calories Light
Price Right



Libby's Sliced PINEAPPLE

FLAVOR'S HERE
in special
flavor-saver cans!



Libby's PEACHES

SWEET 'N GOOD



See: I pick just young tender leaves for Tender Leaf Tea.

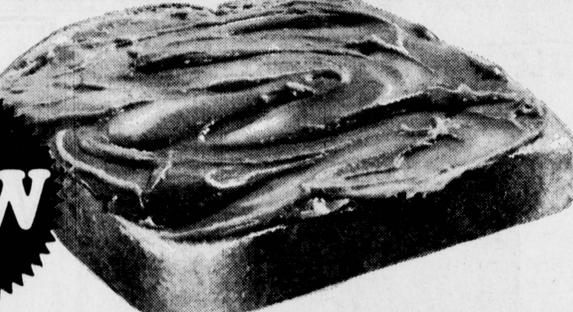
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Tender Leaf Tea picks just the young tender tea leaves—the only leaves with bright bold flavor. And new Instant Tender Leaf Tea is a special blend of 100% pure tea with no fillers added. So naturally it's more rewarding: the flavor never fades away, even over ice. Get new Instant Tender Leaf Tea. Bright and bold...even icy cold! Delicious. Instantly!

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the only Peanut Butter fortified with vitamins A&D [great for children]

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